

## Nutrition to Make Learning Easier

- 1.) **Filtered Water-** How much do you weigh? Divide the number by 2. This is how many ounces your body needs each day to be healthy. Your brain cells need this much water to function properly. Drink filtered water. If you do not filter the water you drink, then your body becomes the filter.
- 2.) **A Good Multi-Vitamin-** Sugar free and without dyes. Consider liquids for children because liquids absorb faster and more completely than pills.
- 3.) **A Good Liquid Mineral Supplement-** PH must be balanced for the body to assimilate mineral supplements. Treatment with supplements is compromised if the diet includes too much refined sugar and saturated fat.
- 4.) **Foods to avoid-**
  - A. Sugar, corn syrup, Nutra Sweet, Splenda, Sweet & Low and caffeine drinks. Consider reducing white flour (turns to sugar.) These can cause chemical and mineral imbalances in the body. They can negatively affect the mind, body, and emotions. Read labels of all processed food. Did you know there is more sugar in catsup than in jam?
  - B. Artificial food coloring, food additives and preservatives can cause a negative chemical reaction in the body.
  - C. Cow's milk that is homogenized & pasteurized creates mucus in the respiratory tract and holds mucous in the intestinal tract. Consider rice dream milk or almond milk without sugar.
  - D. Hydrogenated Oils impair the blood-brain barrier where nutrition is exchanged for waste in brain cells. These oils clog the blood stream and can cause coronary problems.
- 5.) **Foods to eat-** Protein is needed for breakfast. Fresh fruits and raw vegetables are important. Sweeteners to explore include stevia, xylitol, Sweet & Slender, sucanat, rice syrup and barley malt. These sweeteners have a lower glycemic index than refined sugars, maple syrup, molasses or honey. Fructose and agave have low glycemic values but if eaten after a large meal, they take on the higher glycemic value of other foods so eat these only on an empty stomach.

### For more tips on how to make learning easier:



#### *Little Giant Steps*

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3. Beatty, Paul F. "Attention Deficit or EFA Deficient? Essential Fatty Acids For the Hyperactive Child." *Alive Magazine*. Sept. 1996:13.
4. [The Brain Train.](#) 3300 Bee Caves Rd. Suite 650, Austin, Tx 78746. 512-347-0053. Fax 512-347-0053#51
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6. [www.liquidhealthinc.com](http://www.liquidhealthinc.com); 1-800-995-6607
7. Podell, Richard N. M.D. [The G-Index Diet: Controll Your Glucose Level And Lose Weight Now.](#) New York: Warner Books.
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# Water Supplements



**CELLFOOD** is a proprietary ionic formula that contains 78 ionic minerals, 34 enzymes, 17 amino acids, electrolytes and dissolved oxygen- and utilizes a unique water-splitting technology. It provides an unsurpassed oxygen and nutrient delivery system, and is absorbed quickly and efficiently by every cell in the body. Cellfood's unique structure oxygenates and feeds the cells- cleaning and tuning up the body's systems throughout the day. Cellfood is made from all-natural plant substances, and is yeast-free and gluten-free. It's been said that all forms of illness can be traced to two basic causes: too many toxins in the body and too few nutrients reaching the cells. Cellfood is the only product that addresses these two vital health issues at the same time, and with remarkable thoroughness. Cellfood is created by a proprietary nine month process in which these all-natural nutrient-rich plant substances are held in a negatively-charged suspension of deuterium (an isotope of hydrogen). The result is a remarkable formulation which- by utilizing the same technology used decades ago to split the atom- actually 'dissociates' (splits) water molecules within the body by weakening the bonding electrons, and gives birth to cascades of vital, life-giving oxygen. This newly-born oxygen, combined with an array of vital nutrients, is carried to every cell in the body- cleaning, toning and building the cells and tissues hour after hour, day after day. Since our bodies are over two-thirds water, this oxygen and hydrogen source is virtually unlimited. Directions for use: Adults take 8 drops in 8 oz. of purified or distilled water, or juice, 3 times per day- or during stress or physical activity. May be taken with or without meals. You may mix 1 day's amount in water bottle and sip throughout the day. Each 1-oz. bottle of Cellfood® contains 90 servings of 8 drops each, or 720 drops. For reasonable prices shop Amazon. (Product description from Amazon)

**DREAM TREE** Antioxidant Alkaline H2O is another product to explore. [www.DreamTreeFamily.com](http://www.DreamTreeFamily.com) is the website and at their store you can find metal balls that oxygenate a bottle of water! A source of alkaline and oxygenated water is recommended.



**ELECTROLYTES** are recommended, too. The cheapest way to purchase is through Amazon. Adults take 2 caps full in 8 oz of milk, broth, water or tea 1-2x each day. Here is what Chembalance ([www.Senseablesupplements.com](http://www.Senseablesupplements.com)) says about electrolytes: While every nutrient is important, our 30 years of work and study in biochemistry lead us to conclude that the first step to tap into our healing potential is to hydrate and tune up the body's electrolyte balance. Electrolytes regulate the nutrient delivery system for every cell, muscle, bone, organ and hormone system. We formulate **LYTE BALANCE** Electrolyte Concentrate for this purpose of replenishing electrolyte levels and recommend it as a first and ongoing building block for health and recovery. Healthy electrolyte levels hydrate\* and energize cells, keep muscles relaxed and supple, help maintain healthy blood pressure, re-charge nerve & brain function and are nature's original anti-fungal, anti-bacterial agent.